

Mon	Tue	Wed	Thu	Fri
30	31	1	2	3
Winter Holiday 	Winter Holiday 	Winter Holiday 	Winter Holiday 	Winter Holiday 
6	7	8	9	10
Keema curry rice Vegetable soup Lettuce salad Yogurt	Chicken tomato pasta Egg soup Corn salad Probiotic drink	Udon noodle (vegetables&egg) Fruit	Deep-fried horse mackerel & Rice Miso soup Mixed salad Ice cream	Simmered chikuzen style & Rice Miso soup Dressed broccoli with sesame Jelly
13	14	15	16	17
Coming of Age Day 	Chicken cutlet & Rice Miso soup Cabbage salad Ice cream	Mapo eggplant & Rice Chinese soup Sprouts and carrot salad Fruit	Bread Minestrone soup Cheese salad Bavarian pudding	Beef bowl Miso soup Radish salad Jelly
20	21	22	23	24
Seafood curry rice Consomme soup Tomato salad Ice cream	Professional Development 	Request lunch (K3)	Spaghetti bolognese Corn soup Lettuce salad Pudding	Deep fried chicken & Rice Miso soup Carrot salad Fruit
27	28	29	30	31
Pork bowl Miso soup Spinach with sesame seeds Probiotic drink	Ramen noodle (Miso) Ice cream	Bread Cream stew with salmon Tomato salad Jelly	Braised meat and potatoes & Rice Miso soup Broccoli salad Fruit	Macaroni cheese Vegetable soup Tuna salad Bavarian pudding

※ Occasionally, ingredients will be different by daily markets.